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Regis University HIGHLANDER

The Jesuit University of the Rocky Mountains

A Weekly Student Publication

Calamity rules troubled history of annual Thrill

Laura Fritz
Staff Reporter

The annual Jackson's Hole Thrills is a student government and Programming Activities Committee sponsored off-campus dance occurring at the lower downtown bar/club on February 15. PAC rents out the entire second floor Club Sky nightclub so students can have a free night out on the town and the main level bar for students of legal age to drink.

Dave Law, director of student activities says, "The purpose of this event is to get students off-campus and have a safe, great night out in the middle of the spring semester." The event has not always been held at the Jackson's Hole location, previously it rotated to different bars in the LoDo area. Jackson's Hole has been the location of choice for the past four years because it's easily accessible and has a large facility.

Usually three to four hundred students attend the Thrills event by riding the provided busses as transportation. Busses depart from parking lot three this year and run from 8:30 PM to midnight. Most of the students have a great time downtown and enjoy being with their friends; however, RUSGA, PAC, and other organizers have experienced problems with this event in past years.

Both underage and legal age students have been known to "pre-game" in the residence halls or at home and this often causes problems for the staff of Jackson's Hole, as well as adults supervising the event. To avoid problems, underage students are not permitted in the bar area, and all bartenders are provided with a birthday list of all students. Off duty police officers are hired, campus safety is present, and alcohol is not allowed on the dance floor to ensure that students have a safe, yet fun experience.

Last year a new policy was implemented where publicly intoxicated students were sent to detox to spend the night and complete an alcohol assessment all costing about \$300. Last year, Law had to phone two families of

(Continued on page 2)

Unique class is more than stories

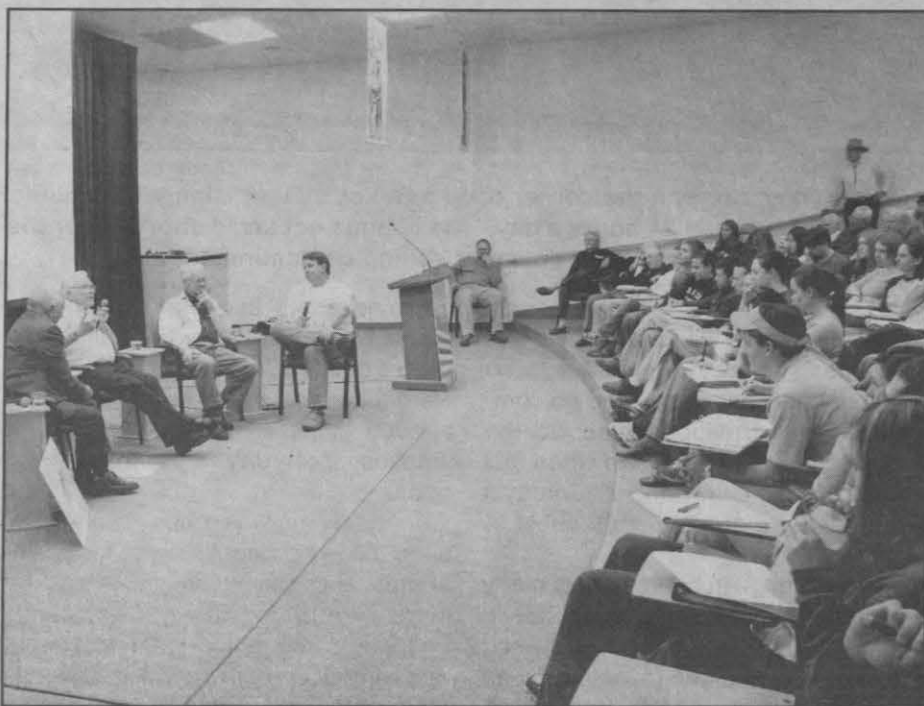


Photo by Graham Hunt

A standing-room-only Science Amphitheater holds a crowd of students and members of the Regis community last Tuesday as Dr. Dan Clayton's Junior Seminar hosted speakers Gil Maestas (left), Joe Clark, and Bob Ball.

Andrea Silva
Senior Reporter

On Tuesday nights in the Science Amphitheater, the crowd you'll find isn't the one that wears white lab coats and totes goggles. Instead, you'll find the place packed with people young and old gathering to hear World War II veterans speak about a time in history described as "the largest single event

in human history led by the Greatest Generation" by Dr. Dan Clayton.

This semester, the Regis University Center for the Study of War Experience offers the 10 year of the seminar series "Remembering World War II: Stories from Wartime." The seminar, which is presented every spring, takes place on Tuesday nights from 6-8 pm in the Science Amphitheater until April 12.

The seminar is both open to the community and a component of Clayton's Junior Writing Seminar, which is WWII themed. Clayton, who was one of the founding members and now the director of the Center for the Study of War Experience, believes that the importance of teaching students about WWII is primarily so that they can "learn about what ordinary people do during war and what the conditions of wartime do to them."

Through the study of WWII, Clayton hopes that his students will gain an "understanding of how complex war is" as well as how it is "filled with ambiguities and contradictions."

As Clayton explains, young men and women at the same ages of Regis students were "thrown into murderous and suicidal" conditions during WWII, and they also committed "unwitting acts of heroism." He believes involvement with these people gives students the ability to "nurture a beautiful sense of empathy."

From both hearing the testimonies of war experience and dialoging with veterans, Clayton believes that "an unusually close relationship is established between Regis students and this older generation of Americans."

Frank Haug, a junior in Clayton's seminar explains that hearing the veterans' stories holds a personal signifi

(Continued on page 2)

Black history celebrated on campus

Marlena Hargrove
Staff Reporter

February is Black History Month and along with the rest of the United States, students at Regis University will be celebrating all month long. Throughout February, the Black Student Alliance (BSA) will be hosting several events. Chailona Coleman, president of BSA, felt that generally Regis University "does not have a lot of cultural awareness" and was happy to "actually be 'doing' something for Black History Month instead of just 'saying' it is Black History Month."

While some of the events have already taken place, there are still more to come. The next event, Arts and Entertainment Day will be on Wednesday, February 9. The day will include African American art and jewelry displayed by local artists. Local vendors will be available and a cookie fundraiser will be conducted to support the BSA. The proceeds will also help to sponsor The Ghana Trip.

On Thursday February 10, the BSA will be teaming up with PAC during Thursday Thrills to show the movie "Ray."

On Monday February 14, the BSA is happy to be hosting a Soul Food Lunch. Various types of Soul Food will be served including macaroni and cheese, collard greens, and ribs.

The week of the February 21-25 will be focused on the 2005 Black History Month national theme: The Niagara Movement. During this week, a chapter of the NAACP (National Association for the Advancement of Colored People) will be visiting the campus to talk about their history. The Niagara Movement was formed in 1905 and was created to fight racial discrimination; in 1909 many of its ideas were adopted by the NAACP. All events will be held in the Student Center unless otherwise posted.

For those who missed them, the two events that have already taken place were the Hospitality Night with a guest speaker which was held on Monday, and the Black History Month Kickoff which was held on Wednesday the 2.

The BSA is a new organization that was started in the fall of 2004. The BSA encourages as many students as possible to come and join in on the events that are going to be taking place on campus all month long.



Feature

Cruise the Regis airwaves and see how KRCX rocks campus.

Pg. 6-7



Sports

Baseball starts its season with a four game sweep of Hastings College over the weekend.

Pg. 8-9



Entertainment

Think football season is over? Not with the Crush just getting started.

Pg. 10-11

Everyday...but no longer all day

Martin Roach
Staff Reporter

Everyday, the convenient store located at 50 and Lowell has recently changed their hours from twenty-four hours a day to 6 a.m. to 12 a.m. Sophomore Katherine Hughes reported that she "bought gasoline that was contaminated last December" and it was shortly after this that Everyday chose to change their hours at the 50 and Lowell location and their cross town location located near Denver University.

In December of 2004 Everyday suffered a major blow when they were delivered contaminated fuel. This caused major problems for Everyday and their customers with many people needing repairs to their cars. Hughes commented that she had "to have her car towed and repaired" and what makes it worse is that "it cost \$1700 to fix." The contaminated fuel ruined Everyday's underground holding tank, thus disabling them to sell gas to patrons. A cashier at Everyday explained that their fuel pumps and underground tanks are tainted because of contaminated gas and they will not be replacing them in the near future. With many fuel sales daily, this has been a blow to the store and with the cost to replace the underground tanks so high there doesn't seem to be any light for the store.

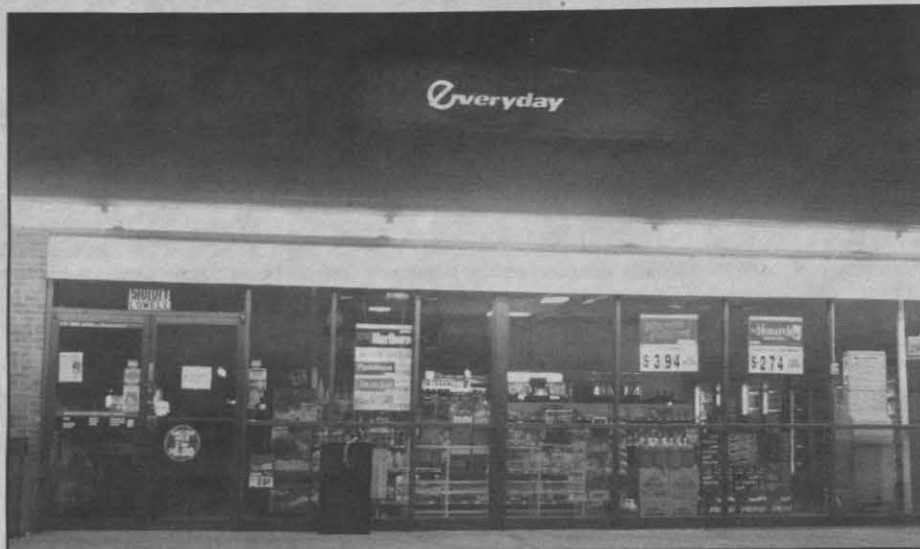


Photo by Graham Hunt

The Everyday store on the corner of 50 and Lowell has changed its hours and will not be open 24 hours a day. The change occurred shortly after the store's gas pumps were shut down for selling contaminated fuel.

The change in hours reportedly has nothing to do with Everyday's fuel problems. The district manager, who would not give her name, had no comment when questioned about the stores schedule change and when fuel will return. Mr. Singh, Everyday's owner was out of state and unable to comment either.

The change in hours effects many people at Regis, being the only place within walking distance that a person can get a late night munchie or an early cup of joe. Sophomore Scott Harris was not pleased when he was

informed about Everyday's change in hours, he stated "Everyday was something I could always fall back on, they were open all the time, whenever I needed chips, a drink, or a pack of smokes Everyday was there...and open."

Everyday was once a one-stop shop, allowing people to get food, cigarettes and gas when there was no place else to go. There is apparently no thought into restoring the lost hours and without enough people to cover all their shifts there is little hope of getting back our Everyday.

Jackson's: students' behavior scrutinized

Continued from page 1

Regis students in the middle of the night to inform them their children were taken to the hospital or detox. "It is not a call that I like to make at 1 a.m. and the parents I wake at the time like it even less," states Law.

New policies and safety precautions have made the past few years at Jackson's Hole very successful and problematic situations of the past have been avoided. But the past has included some ugly incidents including someone breaking a window and numerous students urinating on themselves. Recent problems involve incidents of students throwing up on the bus, antagonizing police officers and returning to the residence halls and causing a ruckus.

The reason the dance is off-campus is because Regis does not have the space or the means to hold a dance on campus and it is also a good opportunity for students to get off campus and find new energy after being on campus most of the winter. By renting the space out, all the hazards of a normal club environment are reduced, because all the people attending are affiliated with Regis.

Even though there have been negative incidents in the past, Jackson's Hole is an opportunity for students to have a great evening out and so long as they understand that they do not need to be belligerent to enjoy the night. PAC constantly reviews the event and implements new safety procedures so the tradition of Jackson's Hole may stay alive for years to come. Students who have the most fun are the ones who are responsible about their actions and make good decisions throughout the night.

WWII: veterans educate

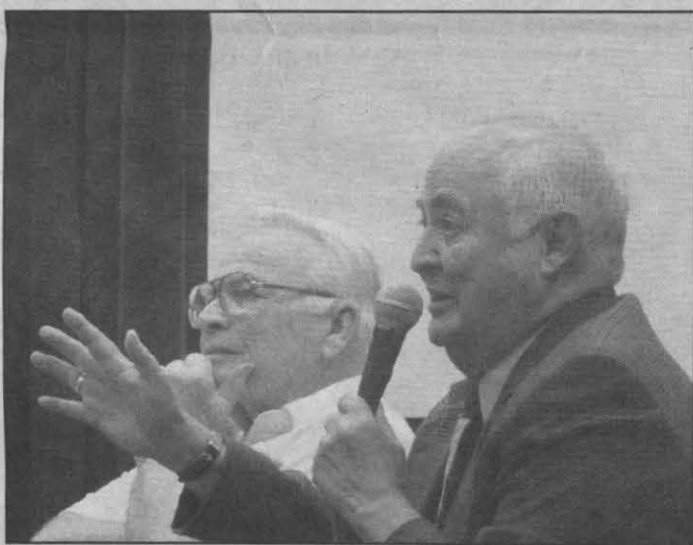


Photo by Graham Hunt

Gil Maestas relates stories and experiences from his time serving in the Air Force in World War II. Guest speakers frequent Regis each Tuesday for this seminar.

Continued from page 1

cance for himself as a young adult. Says Haug, "The seminar is a really great opportunity to bridge the gap between generations. It is a great thing for students to learn about what happened in the past from people who experienced it, and how they and their families reacted to it."

The series' speakers and topics cover a variety of WWII topics, and each speaker has a unique perception of wartime experience. One speaker from the Jan. 25 seminar titled "Pre-War America and Wartime Britain" actually knew Winston Churchill personally. The Feb. 1 seminar, "The Air War," featured WWII flyboys who regaled the audience with reminiscences of bravery, risky missions, comical mishaps and sobering aftereffects.

The seminar leaves lasting impressions on its students. Tammy Hackfort, who took the seminar in the spring of 2004 remembers "Reflecting

back on my experience with the WWII seminar, I am still impressed with the dignity, courage, and respect that all the speakers possessed. A year later, I remember the honesty and realness of the events they discussed."

The WWII seminar occurring this semester is part of the larger goal of the Center for the Study of War Experience, which is an expanding project of archiving wartime memorabilia, videotapes of the seminars, audio testimonies, letters, pictures and more. According to Clayton, some of the Center's future plans include raising funds in order to gain more archiving material, "presenting major public exhibitions from the Center's collections," and "developing a sophisticated museum-quality archive accessible through a world-class website."

As one speaker remarked at the Feb. 1 seminar, "The difference between make-believe and real life is that make-believe starts out 'once upon a time' and real life starts 'no s—', this really happened." Hearing the stories of those veterans, nurses, and civilians alike convey to present generations both the horror and splendor of WWII. Clearly, through the Center for the Study of Wartime Experience and the WWII seminar, Regis is taking part in a great effort to preserve remembrance so that generations to come will be able to learn about such a pivotal point in time.

Highlander

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Denver CO 80221
303-964-5391

Mission Statement:

As the staff of the Regis University student-run publication, the *Highlander*, we intend to serve the campus and the neighborhood by providing a weekly forum regarding pertinent news and ideas. Our publication is designed to cultivate greater overall awareness and participation in university events by providing consistent coverage of issues affecting those involved with Regis University.

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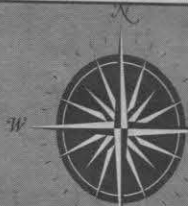
Ian T. Dawe

Editorials

Editorials are the opinions of the author, which do not necessarily reflect the views of Regis University or the *Highlander*.

Submissions

Submissions are encouraged from our readers. All submissions will be reviewed for appropriateness, content, and length by the Editorial Staff to ensure suitability of content and quality of thought. Email to highlander@regis.edu. The deadline for receipt of letters is 5:00 p.m. on Wednesday.



LEADERSHIP
DEVELOPMENT PROGRAM
REGIS UNIVERSITY

VISION

The leadership development program engages students in a self-reflective learning process that is holistic, multidisciplinary, and experiential; fosters the formation of socially responsible and effective leaders with an authentic sense of service to others; and prepares students to seamlessly apply skills and concepts to many leadership challenges at Regis and beyond. The leadership development program provides a learning environment that is an inclusive and supportive community providing the right balance of nurturance and challenge for risk-taking and self-reflection conducive to a healthy developmental process of enhancing leadership.

TRACK 1: LEADERSHIP ACTIVITIES CERTIFICATION

Leadership Certification Track Student Outdoor Trip
Never Summer Mountain Range, Colorado
January 13-15, 2005



Amy Nicola, Bonnie Fruland, Gretchen King, Andrew Vojsevic, Michael Escher



Students in front of their snow shelter



For more information contact:
Sally Spencer-Thomas
sspencer@regis.edu
303-458-4323
www.regis.edu/leadership

TRACK 2: MINOR IN LEADERSHIP STUDIES

Recommended Time Frame: Students may begin the minor their spring semester sophomore year or their fall semester junior year.

Selection Process: All students who are interested in achieving a Minor in Leadership Studies must first submit a letter of intent, resume, application (download at www.regis.edu/leadership), and letter of recommendation to:

Sally Spencer-Thomas, Psy.D.
Director, Leadership Development
F-12 3333 Regis Boulevard
Denver, CO 80221

Requirements for Completion:

1. Sophomore Seminar "Leading with Differences in Mind" (spring semester) OR Junior Seminar "Leading in the Global Community: Leadership, Culture and Ethics" (Interested students may take both seminars if space permits).
2. Completion of two upper-division electives: 3 Credits each (courses will vary from semester to semester)
3. Completion of Leadership Internship: 3 Credits (Junior Year)
4. Completion of Senior Capstone Project: 3 Credits (Senior Year)

Important Dates:

- ☐ **Wednesday, February 9th**
5-6:00pm, Orientation Meeting for Minor in Leadership Studies, Main Hall Room 333 Chapel
- ☐ **Monday, February 28th**
Applications Due
- ☐ **Tuesday, March 15th**
Notification of acceptance

Letter to the Editor

This letter is in response to the December 6 editorial "Highlander questions Sodexho's adherence to the Regis Mission."

First we would like to thank the students who generously donated 561 meals to the Broadway Assistance Food Pantry. We as a company share a fundamental compassion and respect for people and we believe that our responsibilities go beyond our core services.

Sodexho at Regis understands and acknowledges your concern that only 30% of the total meal cost is distributed to world hunger projects. Additional monies from food plans are the cost of employee wages, health plans, retirement contributions, disability insurance and workers compensation programs. This isn't "overhead," rather it is a part of Sodexho's commitment to be fair to employees and provide them with decent wages, benefits and working conditions. Keep in mind that these employees have to be present and prepare meals whether or not a student shows up to eat it, so the only savings are the direct cost when students donate meals.

As a company, Sodexho is committed to being just with our employees and we believe that pursuing social justice is a moral imperative. We have created several programs dedicated to improving the communities in which we work. The Sodexho Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education and food insecurity. From nutrition programs for children, to job training for adults, the Foundation supports hunger related initiatives on the local, state and national levels.

For example, Sodexho at Regis donates bagels everyday for a program to help feed the hungry. Every year we support the Lonnie Porter Leadership Academy and donate food to over 100 underprivileged children. Sodexho prepares, serves and donates the food free of charge to each of these children everyday for lunch for a period of three weeks. Caring Cans, a donation program prior to the holidays is held every year in the student dining hall. All canned goods and non-perishable foods are donated to a local food bank. Sodexho employees and customers donate to this program. The Foundation initiatives also include Feeding Our Future, The Campus Kitchen Projects, Heroes of everyday Life, Community Kitchen Projects, Sodexho Servathon, Food Donations and Backpackers Program.

Sodexho at Regis has made strong commitments to mission-matched goals which not only include a strong Stop Hunger program but commitments to living wages for all employees, fair-trade coffees, Global Sullivan Principles, Protecting our Environment and most importantly keeping our students as the center of all our efforts. We strive to be a part of the Regis community and to understand the priorities and requirements of a Jesuit institution. As a company and a team, we would welcome your questions or concerns and encourage you to check out our web site at www.helpstophunger.org or check us out at www.sodexhousa.com. Please contact us at 303-458-41967 or email us at dwink@regis.edu

Thank You,
Diana Wink, GM &
Management Staff at Sodexho

Young who don't vote just as much to blame for Social Security crisis as politicians

Andrew Cole
Opinions Editor

For those of you who watched the State of the Union address and the Democratic response or who have taken in any information from any type of media source reporting on U.S. politics over the last month, I'm sure you know about the coming crisis. I am speaking about the crisis that is looming over the Social Security system. That such a crisis would inevitably hit must have been obvious for some time now, but at least the politicians have begun to talk about the issue right? Wrong.

This column is actually being written for all those of you who did not vote on November 2 for whatever asinine reason. I want to personally thank you for giving the politicians in Washington absolutely no reason to really try to fix this problem. Bush's testimony about his children possibly not having benefits was moving but hardly the truth. I cannot seem to believe that the Bush family dynasty will see Jenna or Barbara unable to pay for their own care at the age of 65. The truth is that politicians have only the possibility of being hurt by truly attempting to fix social security. The cliché about political third rails is no more fit than here and it shows.

The Republicans, under the steadfast leadership of George W., have offered what amounts to a half-assed plan that involves allowing young people such as ourselves to invest some of their social security money in the stock market. They of course will regulate the hell out of what you can and cannot invest in and how much and when you can take it out. This looks more and more like a conservative administration that believes in small government everyday.

The reality of this plan is that in the mean time, the shortage that is looming will be made worse while the money we would have paid into social security is instead invested into our personal accounts. The government

will have to prop up the system and make up the difference for all those people who are beginning to collect benefits each day as they reach the minimum age of retirement. Vice President Cheney said this weekend that the funds would be made up for by more deficit spending. This, he claims is better than raising taxes. Yes Mr. Cheney, you sure seem to be helping out with the cutting of the deficit in half during Bush's second term. I'm glad to see they continue to make a mockery of our financial situation that will down the road hurt, once again, us. Us being the young people, most of whom didn't care enough to vote in the last election.

Truth is if I had to please people I know are going to vote, I probably wouldn't pay any attention to a group of young punks who would rather smoke weed or get drunk or stick it to the man or whatever other reason you have for not exercising your right to vote. You're right; your vote doesn't count, because you don't use it.

The Democrats are even more disgusting in their negligence. Their response is that personal accounts are not an option, but they have offered instead: oh right, *nothing*. I have yet to see a serious counter-proposal from the Dems. So here we sit, a crisis looming and not anyone seriously working on a way to keep it from happening. This is the time that, more than ever we need the parties to sit down and put some serious thought into what to do. I'd like to believe Bush when he said that everything is on the table and open for consideration, but frankly I don't. As disgusted as I am with the politicians in Washington I am even more disgusted with the millions of young people who just didn't vote. Let this be a lesson of what happens when you give politicians absolutely no reason to listen to you. I'm sure you'll hear about this issue for the next two years. Maybe that will be enough of a reminder when the midterm elections come up and maybe you can find it in you to get off the couch and go vote.

CAREER & INTERNSHIP FAIR

"Opportunity is Knocking"

February 16, 2005

REGIS UNIVERSITY STUDENT CENTER

10:00AM—2:00PM

There will be employers from the nonprofit and business sectors as well as graduate schools represented.

Bank One Colorado Corp., Bonfils Blood Center,
Cherry Creek School District,

Colorado Public Radio, Corporate Express, Frontier Airlines,
Nextel Communications, Oppenheimer Funds, Pulte Mortgage,
Raytheon Polar Services Company, U.S. Geological Survey,
University of Denver Graduate School of Social Work



Employer Panel

"What Employers Are Looking for in Prospective Employees"

Topics:

What are Employers Looking for in a candidate?
How does a candidate get their foot in the door?
What makes "me" the right candidate?
What makes someone a good interviewee?

Questions: Contact Jeremy
Lee, Employer Relations

Developer at (303) 458-3509
or jjlee@regis.edu

2005 Regis University Career Fair
February 16, 2005 1-2pm Faculty Lounge

ELECTIONS



Ever thought of running for office?

President

Vice President

Chief Justice

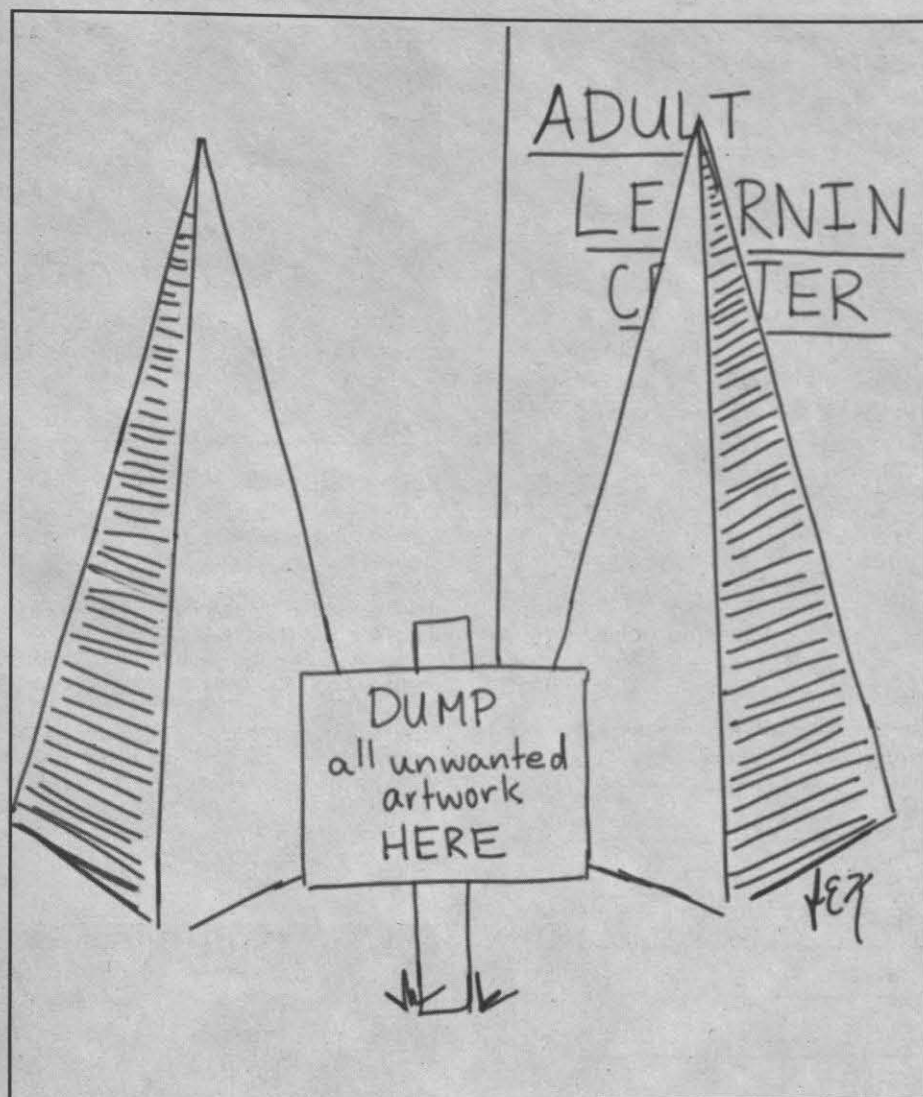
Applications available

Friday February 11

in the Exec Cab office

Wisecrackers

by Jacqueline Kharouf



Responsibility at Jackson's urged by Directors of PAC

To Regis Student Body:

First, we would like to thank all of you for your support this year. We have had a great time planning and hosting Thursday Thrills and the Fall Formal. This spring semester we have already planned another series of great events and one of those events is Jackson's Hole, which will be held this year on Tuesday, February 15th from 9:00 p.m.-12 a.m. We are asking for your help to make this event run smoothly.

For those students who are new to Regis, Jackson's Hole is an annual event sponsored by the Programming Activities Council (PAC), where students have a night exclusively for Regis at Jackson's bar and dance club in Lower Downtown. Jackson's is one of the year's most anticipated events, drawing to the dance floor one of the largest event crowds of the year. However, in recent years, Jackson's has become a controversial event due to the excessive drinking and inappropriate conduct from the students who attend.

Our staff and other volunteers are prepared to deal with many issues that may arise. However, in the past our greatest problem has come from students who choose to show up at this event when they are inebriated, or oth-

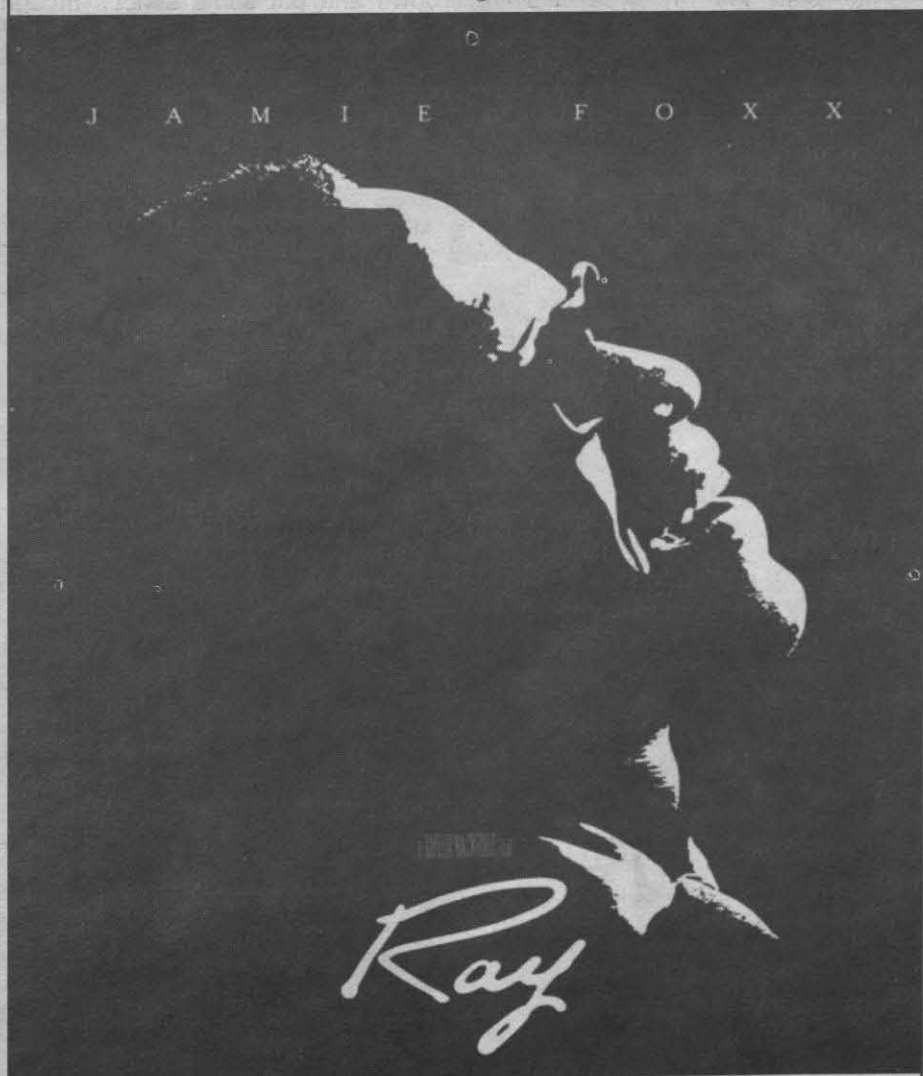
erwise out of control. We would like to remind students that although this event may be hosted off campus, school rules still apply. We urge our fellow students to make positive decisions every day, but more specifically on the 15th because this year we have been given an ultimatum. If students choose to drink excessively and behave inappropriately this year at Jackson's, PAC will not be allowed to host the event next year.

Students we need to prove that Jackson's Hole is an event worth keeping by maintaining appropriate behavior. Both Student Activities and PAC are asking that seniors be mindful of the lower classmen and set a good example. Underclassmen need to be aware that unless this event is treated as the privilege it is, it will not be around in the future.

Again, we thank you for your support this year and look forward to seeing you on the 15th!

Sincerely,
Molly Hames and Kathy Korsmo
Co-Directors
Programming Activities Council
RUSGA

Thursday Thrills



**PAC and Black Student Alliance
are showing RAY**

**to celebrate Black History Month
Thursday in the Cafeteria
at 10:00 PM**

DJs WANTED



Play your music on Regis Radio
and get cool free stuff while you're at it

Contact Laura at ext. 5392

or email KRCX@regis.edu

Students excited about where KRCX is going

Melissa Skotak
Senior Reporter

The "media empire" at Regis did not always have such a strong ally in the KRCX radio station. As soon as ten years ago, KRCX was fighting to be heard on campus. "It wasn't thought very highly of by other student government organizations, by campus security, by campus life, it was always sort-of this underground organization on the verge of being shut down," said John Hickey, KRCX faculty advisor. "But because we have such great students down there, they've taken that and moved it up to a very well respected student organization, one that the other students are excited about."

Hickey attributes the positive transformation to the students who run

the station. "The students have totally changed the face of KRCX," said Hickey. Change has come in many forms this year with the creation of: a higher-quality, clearer stereo signal (101.5 FM); a KRCX cable station with audio and video capabilities; a streaming audio website for KRCX; and a better sports-programming team that covers men's and women's basketball games at Regis.

The station was hit hard recently with the loss of many staff members. As a result, the beginning of this school year was the start of a re-building year. "Everyone that has picked up a position seems to be really passionate about working here. They're all helping us get stuff going," said Keith Smallwood, KRCX office manager and DJ. And this passion will

continue. Of the eight current staff members, six are freshmen who will hopefully continue to work at the station for the remainder of their Regis career. "They bring all this energy to the station, it's infectious, it's fabulous," said Hickey of the current staff members.

As the station continues to grow and improve, so does the quality of its programming and visibility on campus. Yet, the bigger picture is always kept in mind—that picture includes a larger bandwidth and an audience that spreads throughout the city of Denver. "My goal is to have KRCX to be the voice of northwest Denver and to be a public radio station housed at Regis University," said Hickey.



Photo by Ed Bessenbacher

Kevin O'Brien - Music Director, DJ

Freshman
Member since August '04
Genre: Plays a wide array of independent and alternative music.

Kevin has wanted to be a DJ since he was 8 yrs old. He used to make mixed tapes, enjoys talking, and loves music - it's his number 1 hobby. Kevin believes he was called to be a DJ. For the future, he sees the station going up, up and up. However, he would like to see more acts playing so that KRCX would become a regular stop for touring bands coming through Denver. When students listen to his show, Kevin from 311 with his pal Evan, he hopes that there will be chuckles, more education and awareness of ongoing events, and especially more student participation via call-ins.

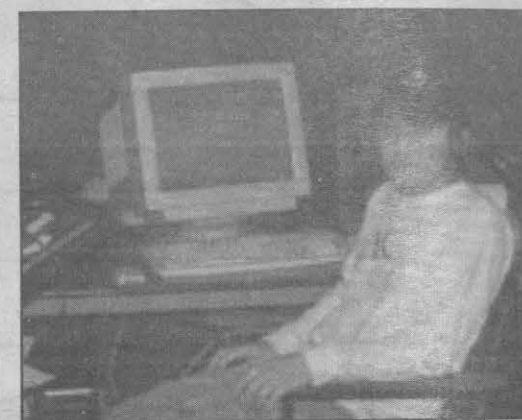


Photo by Ed Bessenbacher

Laura Fritz - General Manager, DJ

Senior
Member since August '01
Genre: Country

Laura has been involved with the station for 4 years and is majoring in Communications. She first began with KRCX as the marketing director, a position which she held for two years. This is her second year as the KRCX general manager. She has enjoyed being involved with general radio because she likes being up to date on new music and finds the people she works with entertaining. Her personal music tastes include a little bit of everything but especially indie country. She hopes that by listening to the station students gain a new perspective on music, not just the Top 40, and get a sense of what radio does for the Regis community.



Photo by Ed Bessenbacher

Evan Lentz - Head of Production, DJ

Freshman
Member since August '04
Genre: Plays a wide array of independent and alternative music.

As Head of Production for KRCX, Evan creates promotions, uploads music into the computer, and edits inappropriate language. He also files the music categorically, retires older tracks, incorporates new songs, and generates a lot of new programming. Evan wishes that students will listen to new music to get more coverage, and increase student participation. He co-hosts the show, Kevin from 311 with his pal Evan, and would love to have more people come down and visit the basement and get more people involved.

Weekly DJ line-up

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10am		Keith	Eddie		
11am		Keith			
12pm	Marty, John, & Erica			Kate	Marty, John, & Erica
1pm	Steve	Steve		Steve	Margaux
2pm	Margaux	Keith	Margaux		
3pm	Margaux		"X" & Sarah	Laura	Keith
4pm	Kevin & Evan	Kevin & Evan	Kevin & Evan	Kevin & Evan	Kevin & Evan
5pm	Kevin & Evan	Kevin & Evan	Kevin & Evan	Kevin & Evan	Kevin & Evan
6pm	Lance	Lance	Lance	Lance	Lance
7pm	Chris, Nicole, & Richard	Natalie, Maureen, & Cherisse	Ryan, Kristen, & Javier		
8pm	Graham		Catherine, Steven, & Jamie		
9pm					
10pm					



Graham Hunt - DJ

Freshman
Member of staff since August '04
On Air: 8 - 9 PM on Mondays
Genre: Graham's "Mostly Melodic Metal" show includes songs from artists like: Smashing Pumpkins, Opeth, At The Gates and Soilwork. One of the main reasons Graham likes DJing for KRCX is because he is granted the freedom to choose what is being played on the radio. "There is so much radio that I dislike listening to and I like having control over it." Graham exercises this freedom once a week for an hour. He gives listeners even more opportunity to listen to a diverse music collection with his death metal show on Monday nights.

Margaux Lester - DJ

Freshman
Member of staff since January '05
On Air: 2 - 4 Mondays, 2 - 3 Wednesdays, 1 - 2 on Fridays.
Genre: Little bit of everything, including Beastie Boys, Tori Amos and the White Stripes. Margaux is one of the newest members of KRCX and loves the atmosphere of a college radio station because it allows more individual expression. During her next three years at the station, Margaux would like to see more diversification of music played at the station including country: "It's the only genre we're really lacking right now."



Photo by Graham Hunt

John Hickey - Faculty Advisor

For ten years, John Hickey has overseen the student-run radio station at Regis, KRCX. He helps give vision and continued support to the improvement of the station. "My role as an advisor is to take the long-term approach to the station. Each year we have new students coming in and they do things and it changes a little bit. So it's important for someone to have the overall bigger picture long-term view of what the station is about and to keep some continuity from year to year," said Hickey.

Keith Smallwood - Office Manager, DJ, Sophomore
Member of staff since January '05
On Air: Tuesdays 10 - 12pm and 2 - 3pm and Fridays 2 - 4.

Genre: Indi Rock, including The Frames, Downtown, Postal Service and Weezer. Keith likes working at KRCX because he's able to hear new music that he probably wouldn't have come across otherwise. He passes these songs on to the KRCX audience during his show, three different times a week. Keith is also in charge of the Spotlight Music Album of the week and makes sure they are heard by the Regis community. Keith is additionally in charge of programming, which includes making sure a diverse selection of music is played by all of the DJs at the station.



Photo by Ed Bessenbacher

Christina "X" Siadat and Sarah Cihal - DJs

Freshmen
Members of staff since August '04 and January '05
On Air: W from 3pm - 4pm
Genre: Rock, indie, rap, techno music, and anything but country. "X" enjoys local bands while Sarah prefers the popular chart scene. "X" became a DJ to share her music with everyone. Sarah became a DJ because radio is the field that she wants to go into. They both agree that the hardest part of being a DJ is trying to imagine the type of audience and timing the playing of the songs. "X" hopes that students will become more aware of the station and develop the desire to want to listen to KRCX in their rooms or wherever, whenever. Sarah hopes that students will get to know herself and "X" better through their music.



Photo by Ed Bessenbacher

Lance Leonard - DJ

Freshman
Member of staff since November '04
On Air: M - F from 6pm - 7pm
Genre: Classic rock, a mix of The Cure, The Shins, Mason Jennings, Van Morrison and Led Zeplin. Lance not only gives the KRCX audience some great classic rock tunes to listen to, but he helps the station progress to a more visible level on campus. Right now, Lance is working on getting Regis bands in for live shows and record recordings. This task has just started, but the goal is to get any and all of Regis' local bands to have their own "live show" recorded in the basement of the student center. Lance is also the resident carpenter for the station; he builds shelves and completes other odd tasks.



Photo by Graham Hunt

The Regis College Xperience: KRCX

Brooke Glasmann
Feature Editor

Listening to music and the radio is something we do everyday, but how many of us actually stop and think about how the radio station really functions? As part of the Regis "media empire," the KRCX radio station plays a large role in trying to reach and inform students on campus. The station tries to accomplish this by playing various kinds of music as well as commercials and promotions about university-sponsored events.

KRCX employs eight students and has 10 regular disc jockeys (DJ's). Part of the DJ job includes cataloging or logging new music tracks into the KRCX computer system and putting them on the master playlist. The major part of the job is listening to the music that gets sent to the radio station. Every member of the staff is responsible for reviewing the new music and choosing two or three songs from each album to add to the master playlist. The DJ's are required to incorporate these new songs into their programs and playlist rotation.

A majority of the music KRCX receives has been previously edited for foul language; however when there is music that has profane language the staff manually edits the lyrics on its production computer. The station receives shipments of new music twice a week. New music comes from the

promotional departments of record companies as well as independent record labels in the form of whole albums and single tracks. Staff members must make contact and establish working relationships with the representatives from these companies.

In addition, the employees chart and report the songs that are being played on the station; this includes the popularity of the songs, the frequency with which they are played, and how these statistics compare with other college stations. The College Music Journal (CMJ) and the Broadcasting Music Incorporation (BMI) are the two companies that keep track of trends at college radio stations and notify record labels so that artists may collect their royalties.

Record companies view the charts and trends, and then send music relevant to what is popular. Staff members then contact the record companies to get them to send music and let them know what is currently being played at the station.

Members of KRCX are currently working on increasing their broadcasting range so that more students have access to the station. Currently, the radio signal is about one square mile and has been altered numerous times to strengthen the signal, while at the same time maintaining the regulations set by the Federal Communications Commission (FCC). KRCX is also trying to implement a cable system where

a cable line would provide an isolated channel for the Regis campus. This channel would constantly play music in the background and run videos and announcements. In addition, the station is working on a webpage to provide streaming online music so that students can access the radio station on their personal computers from wherever they have internet access.



Photo by Ed Bessenbacher

The door to the media closet is covered by numerous stickers of band names sent by record companies.

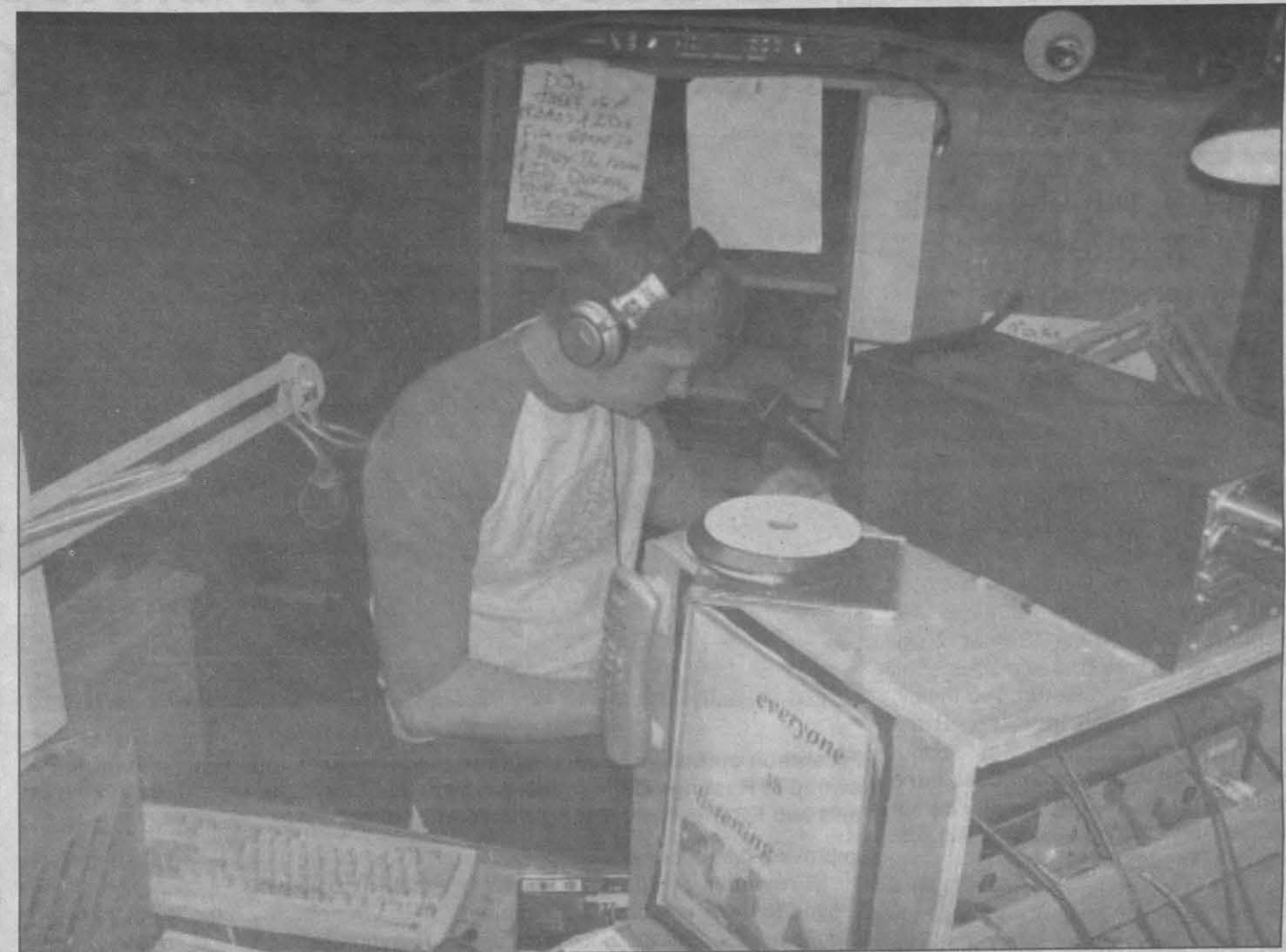


Photo by Ed Bessenbacher

Steve Mikesell - Head DJ and Hip Hop Mastermind, Freshman. Member of staff since August '04
On Air: 1pm - 2pm Monday and Tuesday, and 1pm - 2pm Thursday. Genre: exclusively Hip-Hop. Steve loves to DJ and enjoys putting together an exclusive mix of hip hop music - tunes that are more underground and not mainstream. His show helps KRCX's overall goal of different programming because Steve offers a hip-hop only hour almost every day. Some of his favorite labels include Diffinitive Jux and Illect Records. "I really like the Illect label because it's more positive hip hop. There's actual meaning in the lyrics with their songs."

Baseball begins 2005 season on top, winning four home games against Hastings College

Strong pitching contributes to victories in opening weekend

Alicia Moler
Staff Reporter

This weekend proved to be a big one for the Regis varsity baseball team. On February 5 the Rangers defeated Hastings College in back-to-back games. In the first game the Rangers won 20-4. Senior Mark Steinbeck, shortstop, was instrumental to the win with a home run, two triples, three runs scored and six RBIs. Another key contributor was sophomore David LoSasso who added three RBIs. With the victory, transfer senior pitcher Tim Didjurgis attained his first win in a Ranger uniform.

In the top of the sixth inning of the second game, in which Regis won 12-10, senior relief pitcher Eric Thompson earned a save when he struck out a Bronco player with two outs and three runners on base. Steinbeck scored three runs in the game. Freshman Dan Kozloski added three more RBIs. Junior starter John Parscal pitched a great game, striking out nine and

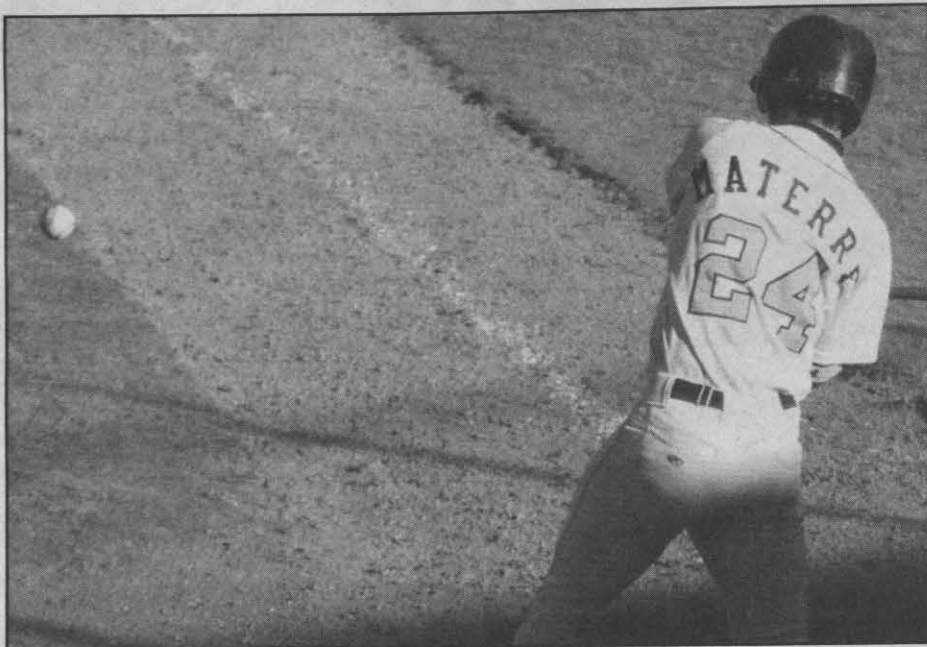


Photo by Graham Hunt

Freshman outfielder Etienne Materre prepares to swing in Regis' four game sweep of Hastings College this past weekend. Materre recorded seven hits and two RBIs in the opening weekend of play.

improving his record to 1-0.

Freshman Etienne Materre proved to be a very significant contributor to the team throughout the weekend. In the first game he added two RBIs and scored three runs in the second game. "I was nervous going into the first couple of games," said Materre, "but once we got into the swing of things the nerves went away. We are going to be able to do special

things in the league. We'll definitely make it to playoffs."

On February 6 the Rangers faced Hastings College for a second double header. Again, they swept the opposition, walking away with a 6-5 victory in the first game and a 10-3 victory in the second contest. In the first game of the day, Hastings rallied in the top of the seventh inning, taking the lead from the Rangers. The Rangers were

able to push the game into extra innings by tallying two runs in the bottom of the seventh to tie the game. Ross Pibal, freshman, secured the victory for the Rangers with a two-run single. Earning the victory for the game was Jeff Mielnicki who took over for starting pitcher Craig Deaver. Deaver struck out nine but wound up with a no decision.

Eight runs in the sixth inning were crucial to the Rangers' victory in the fourth and final game of the weekend. Steinbeck, a vital part of the win, had a home run, a double, and two RBIs. Sophomore Sean Chase added three RBIs as well. LoSasso and Materre were, again, important contributors to the team, each adding two hits. Relief pitcher, senior Eric Thompson, earned the victory after taking over for starter Matt Huff.

Dan Kozloski, designated hitter for the team, noted, "Our pitching this weekend was phenomenal. This was a great start to our season. We have a lot of good team chemistry. We can't look too far ahead in our schedule because we have to take it one game at a time."

The Rangers will be out of town this upcoming weekend as they take on University of California-San Diego. Come out and support the team as they return home to take on Bellevue University February 18-19.

Regis basketball impressive in homestand

Teams win three of four games in RMAC weekend competition

Renee Felton
Staff Reporter

The Regis University women's basketball continued its unbeaten streak with wins over Fort Hays State University (Kansas) and Chadron State College (Nebraska) on Friday and Saturday nights, respectively. Regis (18-3 overall, 13-0 RMAC) won Friday's contest by the score of 76-57 and cleaned up on Saturday's victory 79-52. The Rangers have recorded eight straight victories and are the only undefeated team in the Rocky Mountain Athletic Conference.

Diana Lopez paced Friday's winning effort with a game-high 20-point performance, while her twin sister, Denise, added 17 points and seven rebounds. Aiste Slenyte contributed 14 points on the night. Ashlee Schneider led the Tigers with 11 points. The win means that Regis was able to retain the number one spot in the East Division.

Three players reached double digits in scoring for the Rangers in Saturday's win. Lindsay Urton led the team with 20 points and Breanne Burley added 12 points. Lindsay Viall, who was named last week's RMAC East Division Player of the Week,



Photo by Graham Hunt

Sophomore forward Denise Lopez vies for the ball in the opening tip-off against Fort Hayes. The RMAC undefeated Rangers won the game 76-57.

notched 16 points and five rebounds. Denise says her team is confident and motivated to keep winning. "We just have to keep giving team efforts and playing hard for every game," she said.

As the Rangers move closer to the end of the season, they have not only an RMAC tournament on their minds, but also an appearance in the Regional tournament scheduled for March 11-14. In fact, if Regis remains undefeated to close out the season, they may host Regionals.

While the ladies are thinking to the future, they are concentrating on today. "It's important for us to play one game at a time and not get ahead of ourselves," Diana said, "if we focus on one game, we will play strong and be successful."

With six games remaining in the regular season, the team asks that the Regis community continues to come to games and offer support. The ladies have three home contests remaining and hope their crowds grow as the tournament nears. "We want you at our games," Slenyte said, "come support us."

The Ranger men split weekend games with Fort Hays State and Chadron State. In overtime, Regis fell to FHSU by the score of 85-79 on Friday night, while they topped Chadron State 74-61 on Saturday. With the win, the team snapped a five-game losing streak and moved to 12-9 overall (5-8 RMAC).

In both games, the Rangers had five players reach double digits in scoring. Jason Deich had a 10-point, 10-rebound double-double on Friday night, as he added a game-best 16 points on Saturday. Ben Schafer had 24 points on the weekend and Austin Christensen came down with 14 rebounds overall.

After giving up a game-tying three-pointer at the buzzer on Friday night to send the game to overtime, the

Rangers were disappointed with the loss. "It was a tough loss and we were not happy after Friday's game," Deich said, "but we were able to play hard tonight [Saturday] and get the win."

Despite starting Saturday's contest by allowing a 9-0 run, Regis gained the lead midway through the first half and kept it through the remainder of the game.

Deich credits a team effort as the key to the win and said that "we were able to play a full 40 minutes, and hard work by the rest of the team allowed certain individuals to have a strong game."

As the men's team heads into their last six regular season games, they remain optimistic about earning a berth into the RMAC tournament. "We can't afford to lose any games, so we definitely have to stick to what we do best," Deich said, "preparation for each game is key for us right now, but we have confidence that we can get to the tournament."

Both teams will be in action tonight at Metro State. The women tip off at 5 p.m. and the men's game is set to begin at 7 p.m.

Don't miss the Rangers in action at home this Saturday, February 12 as they take on Nebraska-Kearney; women at 5:30 p.m. and men at 7:30 p.m.

"It was a tough loss and we were not happy after Friday's game but we were able to play hard tonight [Saturday] and get the win."

Jason Deich
Junior Forward

Condition and upkeep of Ranger Dome in question

Laura Parr
Staff Reporter

The Ranger Dome was constructed in 2003 to replace the gymnasium in the Adult Learning Center and is for use by the Regis University intramural program and the athletic department. The dome's primary purpose is to serve the intramural program and varsity sports. When the dome is not in use by either program it is an "open-gym" and a frequent convention and meeting facility for faculty, students, and staff.

There has been some controversy on how well the dome is kept up to date as far as cleaning goes. A few students have complained that the dome floor is dirty and slippery and therefore makes it very difficult to conduct a practice or a leisurely game of basketball or kick ball. Former basketball player Brandon Jones stated that "the floor needs to be squeegee cleaned desperately."

But, the assistant Athletic Director Tom Dedin states otherwise. Dedin explains that the floor is swept every



Photo by Graham Cracker Hunt

The club volleyball team competes this past weekend in the dome. The condition of the dome concerns students and the Athletic Department.

day and mopped at least once a week. "The floor may look like it isn't clean, but it really is. The floor is a disappointment because it reveals every scuff mark and then people think it is dirty when it really is not" states Dedin.

The athletic department work study students sign up to clean the dome twice daily. Despite this, it is not the responsibility of the work study students to keep the dome spotless; there

is a maintenance policy that should be followed when anyone is using the dome. The policy states that each group must dry mop the floor after each use and conveniently there is a mop, scoop and trash receptacle located in the dome.

One more concern about the dome is the floor, which seems to be lacking in quality according to Jones who stated "the floor is absolutely hor-

rible; I can't wait to make it to the championship game (in intramural basketball) so I can play on the wood floor." This concern has not gone unnoticed by the athletic department as Dedin expressed "if we could do it all over again, a better floor would be investigated, but we can't and now we have to live with what we have."

Putting aside the minor cleaning and quality concerns about the Ranger Dome, it was constructed in the best interest of the students at Regis. It is important to remember that this is a temporary structure that will only remain until the fieldhouse is renovated and expanded in the years to come.

As for the scheduling of the dome, intramural sports have the dome reserved from 5:45-10 p.m. Monday through Thursday during the academic semester. "Open-gym" times are available Monday through Friday and are monitored by the work study students of the athletic department. All other scheduling for special events can be directed to the athletic facilities coordinator in the athletic department.

Regis softball team builds playground

Jami Bonifas
Staff Reporter

On the last weekend of January, the Regis softball team helped build a new playground at Mount Saint Vincent. Assistant softball coach Christi Weiser works at Mount Saint Vincent and knew that extra labor would be needed to construct the playground. Weiser liked the idea of a new playground because it is "something the kids can get good playtime out of." The whole softball team pitched in, and according to the assistant coach, "their hard work will be seen for a long time."

Mount Saint Vincent is about 10 blocks south on Lowell from Regis, just past 44th Street. Mount Saint Vincent's goal is to help children who have been physically and mentally abused or neglected. They engage the children in physical tasks to help improve their physical, mental, cognitive, and social functions. These physical tasks then build upon the children's individual abilities and enable them to function better in the commu-

nity, at school, and with the family. In addition to helping children, Mount Saint Vincent's offers programs, classes, services, and other support for the family. The home for children and families was started in 1883 by the Sisters of Charity of Leavenworth, Kansas.

The women's softball team are not the only Regis organization that lends a hand to Mount Saint Vincent Home. Every month, the Marketing Department in the School for Professional Studies holds a fund drive to help out the children. Last month, items for oral hygiene, such as toothbrushes, floss, and toothpaste, were donated to the home. This month, the department is asking everyone to "Share the Love" and donate a couple dollars to treat every child to a Dairy Queen sweet. There is also a Children's Wish List that shows a wide variety of items that are needed for the children, families, and staff of Mount Saint Vincent Home. Donations can be given to Jan Talley in room 305 of the Adult Learning Center, or for further information on how you can help, contact Sister LaVonne at (303) 964-1122.

Top 10...

Greatest sports songs of all time

10. Guns N' Roses' "Welcome to the Jungle". Which jungle? There are so many in the U.S.
9. The Sports Center theme. Made famous by none other than the Regis Couch Crew.
8. "Ole". There are so many soccer fans in the world. Unfortunately, none of them live in the U.S.
7. "Hey Hey Goodbye" by SaRa. Bet you didn't know that.
6. "We Ready" by Archie. (Broncos, bring back that song please).
5. Pretty much anything by ACDC.
4. "The Eye of the Tiger" by Survivor. And we do not mean the Sterling Tigers Katie Janda.
3. Queen's "We are the Champions". Brings back memories of "D2: The Mighty Ducks".
2. The "Hey" song (Gary Glitter's "Rock and Roll Part II"). The one that goes duh-duh, duh, duh Hey!
1. "We Will Rock You" by Queen. Not the medley version with "We are the Champions", just the regular one.

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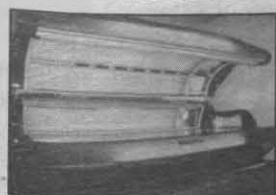
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Colorado Crush entertains at Pepsi Center

Carly LeTourneau
Staff Reporter

If there were anything that I love more than a hotdog at a baseball game, it would be elk quesadillas at an arena football game. That's right, elk quesadillas. Now you may be wondering, where can I get such an exotic treat? Well, look no further than Denver's very own Pepsi Center.

Just when I thought I had mastered the complexities of football, they went and threw the whole arena thing into it. Luckily the stadium provides guests with tabloid-like programs filled with all the rules and regulations for this nineteen-year-old professional sport. Friend and fellow classmate, Renee Felton, has an internship with the home team, the Colorado Crush and offered me two tickets to the game on Saturday afternoon against the Grand Rapids Rampage.

The game started at noon and my friend Adam and I arrived at 11:30 a.m. I am broadening my sports-horizons beyond the conventional gym class games and dabbling in the unknown; arena football. As we circled the gargantuan stadium in search of our seats.

We finally found our seats just in time for the pre-game show. Ninth row from an end zone...not bad at all. The people sitting in front of us were serious fans with their faces painted, dec-

orated hardhats, homemade team color skirts, foam fingers...the whole nine yards (sports joke!). I was really surprised to see how small the field actually was. There is no such thing as a 50-yard line in arena football because they only have 50 yards to work with, and they have rebound nets next to the goal posts, which are about one-third the size of the ones used in the National Football League.

After the rather embarrassing introduction of the opposing team, the lights went out and a laser light show began at midfield. Expecting some overplayed Usher, Lil' John and Ludacris song to start playing, I was caught off-guard when the nostalgic tune of Disney's "When you wish upon a star" came on the massive overhead speakers. As Adam and I exchanged puzzled glances, a spotlight shone down on a small boy in pajamas jumping on a bed while the jumbotron above said, "Feel like a kid again." Then, to take away from the Michael Jackson-ish moment, they announced the members of *your Colorado Crush*.

The game began and the intensity rose. The ground felt like it was shaking to the soundtrack of Jock Jams. Like standard American football, arena is really aggressive, and being so close to the players, we could hear and see everything. The unsportsmanlike conduct even spread to the crowd. The girl in front of me,

the one with the foam finger and midriff bearing jersey almost broke her neck diving for a promotional T-shirt that was thrown into the stands. And in a similar incident, fans in the other end zone got into a heated ten-minute brawl over a game ball. Now I understood the need for men in uniform.

Crush games are full of entertainment. They have the Crush Girls cheerleading squad and the Crush City Dancers (a.k.a. talented cheerleaders) that appear at every timeout and even during plays. I could not help but wonder how interesting it would be if there was an interception and a Crush Girl was accidentally mistaken for a corner-back! The half-time show was even more amusing: an arena football mascot showdown. They had every

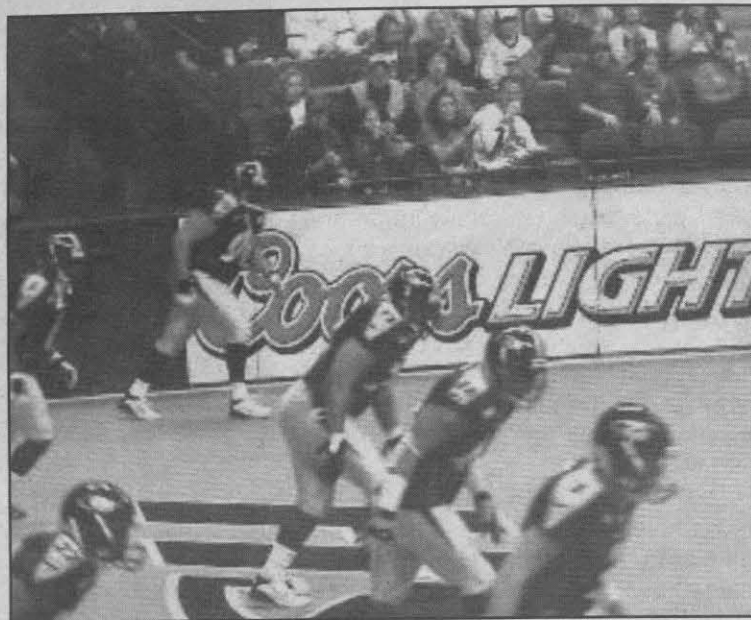


Photo by Carly LeTourneau

The Colorado Crush prepares to attack the Grand Rapids Rampage at the Pepsi Center Saturday afternoon.

Colorado mascot there from the Metro State Roadrunner to Woolly the Mammoth, whose head unfortunately fell off mid-game. As funny as it was, there is something entirely too creepy about adults running around in furry animal costumes. The second half was a little more exciting than the first, perhaps because I had caught on to how the game was actually played. The Crush ended up winning 72 to 56.

Impulse shows off talent



Photos by Kaitlyn Gentert

Impulse Improv Theater Group put on an hour long show for Regis students during Thursday Thrills, February 3 at 10 p.m. Impulse Theater performs regularly in the lower level of the Wynkoop Brewery in Lower Downtown. They also take their show on the road for more than 100 performances a year. Five members of the 14 member cast entertained Regis students with skits about pimps, cowboys, play auditions, and many more!

Dinner for Valentine's Day

Thomas Griggs
Staff Reporter

When it comes to Valentine's Day, it is more than just roses and chocolates. A great meal for two is a fabulous way to celebrate Valentine's Day and choosing just the right restaurant can be hard to do. The Adega Restaurant and Wine Bar on 17 and Wynkoop provides wonderful contemporary cuisine in a romantic atmosphere. The styling and décor shows how sophisticated the restaurant is with its clear, temperature controlled wine cellar that separates the wine bar and the dining area. The candlelit tables in the dining area overlook 17th Street and feature creative plate designs.

The wine selection at Adega is second to none with an array of wines from all over the world ranging in price from around thirty dollars to five hundred dollars. Even the cheapest wine tasted as if it was several hundred dollars and complimented the food well. The menu offers a six course meal including three appetizers, an entrée, cheese plate, and then dessert for 74 dollars, and if you want a wine to compliment each different course then it is an additional 44 dollars. However, the menu offers many more selections of vegetable, seafood, meat appetizers and entrées.

The lobster sausage appetizer was served over spaghetti style squash noodles with fruity undertone that make it taste unique. The entrées were magnificently presented in ways that made the customer feel like the chef did it just for them.

The steak came with some pineapple to make the meat taste sweet with a ham sauce. The flavors came together to create an incredible amount of flavor that was not overwhelming. The chicken entrée was roasted to perfection so the juices were flowing out of

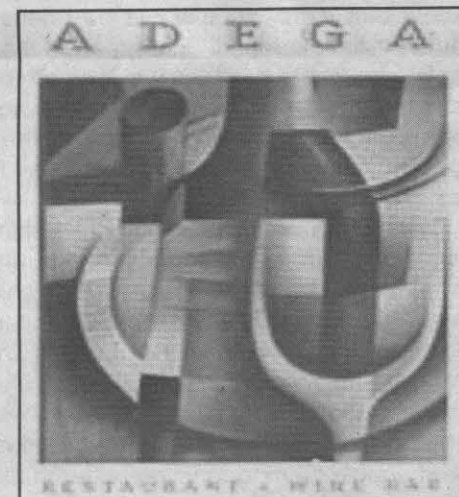


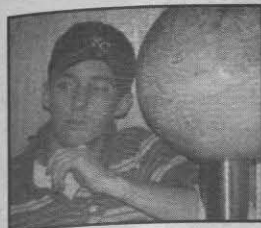
Photo courtesy of www.americacuisine.com

the meat out into the caramelized celery and carrots it was served on to make for an unbelievable texture and flavor combination.

Not only does the food and the atmosphere separate Adega from other restaurants, as does the service. The entire staff was welcoming and friendly and did not seem like they were just there to serve food and make money, but rather to ensure that their patrons are pleased with their experience. The waiters make the guests feel that they are important by helping to explain the menu and making excellent suggestions. If that was not enough, there are other servers that bring out the wine and bread to make sure everyone is satisfied. The attentive server was accompanied by great knowledge of the food, including how everything was prepared and what wine would best compliment various entrées.

Overall, Adega is just the right place to take your valentine for the first time or to make up for all of the other years of bad choices on Valentine's Day. Your date will judge you on how good of an evening you showed them, but if you dine at Adega you have nothing to worry about.

Odd's & Ed's



This column is meant purely for entertainment purposes. It reflects the writer's own views and imagination.

Hey you! Yes you! Stand still lad-die! That is correct people, Special Ed is back in full effect now wave your hands in the air like your stranded on a desert island and a rescue plane is flying by. Now put your hands down before you hit that expensive chandelier. Jerk.

Groundhog Day just happened, and I have to wonder how in our realistic, human-being run world, this day ever got to be such a big deal to people that they make up things like "groundhogese" and tell other people about them. I'll tell you what I like about groundhogs, since you asked. I like that they're not weasels. Freaky little things, think if one of them got into your sleeping bag when you were camping. What I don't like about groundhogs is that they are not armadillos. Those guys are like bowling balls equipped with all the capabilities of an SUV.

Now, the movie *Groundhog Day* was possibly the best movie ever made and a nice romantic comedy which leads to my next point. The big V-Day is approaching, guys just throw the money out of your wallet now. Don't fear take some tips from a columnist who's used to dealing with women...and by that I mean words. Cook for them, it's smooth and scrumtrulescent. Not that I can do that but you should. My other suggestion is to keep it in the same venue, no need to spread yourselves around the city like panty hose on Mike Simpson's upper thighs (every Tuesday night, I've seen pictures). Get a good movie and let the night take you where it will, if you know what I mean. Like to Wendy's. A spicy chicken sandwich at about midnight is stellar, and good for you.

But then the question becomes what movie to watch? Guys want to watch something about rouge mountain climbers fighting warlocks with crossbows on a burning houseboat in the Aegean Sea. But that movie is always checked out, so one might be tempted to give in to the chick-flick, a popular choice for the 14. This is where Special Ed comes in, giving you my top five Swing Flicks which are good choices to please either sex with their offerings of stunning romance, dazzling action or splendid comedy, and complete lack of bear maulings.

5. *10 Things I Hate About You*. I'm hip, I'm down, I've got the 411 and I can't tell why you keep reading this column.
4. *While You Were Sleeping*. Funny, sweet, and maybe you'll make out afterwards.
3. *As Good as it Gets*. For you, slack-er, this is as good as it gets.
2. *Hero*. Jet Li being a stud, artistic shots and a love story that would make Shakespeare "Dispel of thy quill through an excrement collector."
1. *Princess Bride*. It's got everything, fencing, fighting, torture, revenge, giants, monsters, chases, escapes, true love, miracles...and maybe you'll make out afterward.

The column has ended, go in peace and please remember: Lifetime is television for women, if you're a woman who likes to see other women getting beaten.

24-Hour Retreat full of freezing fun

Amy Tarnoff
Guest Writer

This past weekend was the revival of the annual 24 hour retreat. This retreat is open to any freshmen that attend Regis University. It is also designed to give those who are not yet ready to get back into the groove of school one more, quick break before the professors load the work onto the students. For this trip we went to camp Wondervu, which is up Golden Gate road, for those of you who know your way around beautiful Colorado.

While we were up there we spent most of our time playing games and testing out our lungs with the altitude climb. "I can really feel the altitude now guys!!" said one of the retreatees, as we climbed the worlds largest sledding hill.

With a morning reflection on Saturday, we started the day off right, by looking at our college lives. Whether it was just starting the four years, like the freshman, or finishing the final semesters of college, for the upper classmen who led, we all have seen some tremendous growth that we have gone through and look forward to even greater steps.

We particularly looked back on this past semester and the growth that we all have made. We took the time to look at the wonderful views of Colorado and looking forward to the

year that is ahead. Many took the time to set a goal that they would like to reach by the time that they graduate. Let's hope that all your dreams come true.

Another major activity that took place was the sledding, a quarter mile of rippin' and ridin' sledding. Many participated as we flew down the mountain and tried not to take each other out as we flew down, practicing proper hill etiquette. This was

a great time to test your sled driving skills, the limits of the saucer speed, and give the busy student a much needed time to relax. This by far was one of those sledding hills that if ever given the chance you should try, it was a true *National Lampoon's Christmas Vacation* moment, as long as you can keep a sled under you, not to mention



Photo by TJ Bowie

Senior Peer Minister Amy Tarnoff and Tammy Hackfort hit the slopes during the 24 Hour Retreat

any names, K**th.

In our closing moments we yet again tested our endurance. With a climb to the top of the mountain, we overlooked the great mountains that surrounded us and took one last time to reflect on God's grandeur before we begin another semester.

KRCX Album Spotlight



Little Brazil: You and Me

Kevin O'Brien
Music Director KRCX

When one thinks of Nebraska two things come to mind, agriculture and Nebraska football. In recent years, however, Omaha has been a breeding ground for some of the hottest acts in the music industry. Such acts as Cursive, Bright Eyes, and The Faint have all called Middle-America home. Now a new act is trying to stake their claim as the next big thing to come out of the Cornhusker state, Little Brazil. Songwriter/Front man Landon Hedges first honed his skills with various Omaha acts, The Good Life (side project by Tim Kasher of Cursive) and Desaparecidos (side project by Conor Oberst of Bright Eyes), before forming Little Brazil. After gaining buzz from their debut EP, and a highly acclaimed piece in the New York Times, Little Brazil's debut album *You and Me*, with its high energy and catchy pop sensibility, will be the stepping stone to thrust them into Indie Spotlight. You can catch Little Brazil this Tuesday, February 8 at the Hi-Dive, 7 South Broadway. Little Brazil will also be making an appearance live on Kevin from 311 with his pal Evan on Tuesday between 4 p.m. and 6 p.m. on KRCX 101.5 FM.

Blue Sky Restaurant a treat

Carly LeTourneau
Staff Reporter

Following the Crush Arena football game we decided to eat. Off we went to the Blue Sky Grill, a restaurant/bar inside the Pepsi Center. BSG was inspired by a ranch in Wyoming and named after Blue Sky Basin in Vail. After coming from a high intensity football game, it was a little unnerving to walk into a mountain lodge ornamented with taxidermied animals and three-tiered antler chandeliers. Southwestern rugs tacked down to the antique wood floor were surprisingly refreshing to see in a corporate-America sports complex. The menu was comprised of hearty selections of chicken, ribs, salmon, buffalo, pasta, various appetizers, salads, burgers, and sandwiches. We started off with the aforementioned elk quesadillas. I had never had elk before, but being the day of firsts as it was, I tried one...then proceeded to eat the entire thing. Then we shared the chicken pasta and ribs. They were good at best, but the ambiance and the elk appetizers was what really sold me. The two grand fireplaces, the oversized leather chairs, the wrought iron light fixtures, the old-fashioned armoires and aged bookshelves really

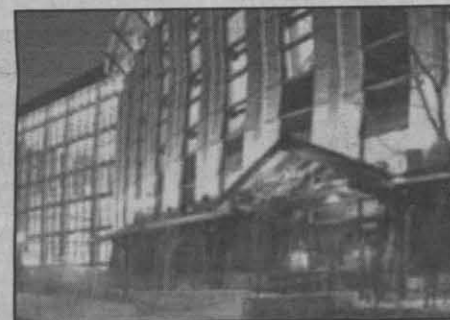


Photo courtesy of www.pepsicenter.com

made me feel as if I was actually on a ranch in Wyoming. I felt like I should grab my cowboy boots and cuddle up to the fire with a cup of hot cocoa.

The Blue Sky Grill is home to about 70 tables and a full service bar, which are booked for every Mammoth lacrosse and Nuggets basketball game. The restaurant is open to the public, as well as ticket holders on event days only.

If you are looking to do some star spotting, athletes can be found frequenting the Blue Sky Grill after games. I recommend checking out the menu because entrées can get a little pricey. Entrées range from \$12 to \$28, with appetizers starting at eight dollars. Check out both the Colorado Crush (tickets range from \$7 to \$58) and the Blue Sky Grill at www.pepsicenter.com

Quiznos Sub
MMMM...TOASTY!

How does lunch for \$2.99 sound?

Combine one of four Every Day Value subs with your **student free drink** deal for a great lunch value.

Offer good any time to full-time students. Small drink, with free refills. A regular price entrée is any sub (except mini-melts) or dinner size salad. Cannot be combined with other offers.

Offer good at 7243 N Federal Blvd (West of StarBucks, by Safeway).

Campus Events

Thursday, February 10	- Sally Winn / Cafeteria - Thrills: "Ray"	7:30 p.m. 10:00 p.m.
Saturday, February 12	- OAP Winter Camping	overnight
Tuesday, February 15	- John Dinges / Mtn View - Thrills: Jackson Hole	7:30 p.m. 9:00 p.m.

Around Town

CONCERTS		
Date	Event / Location	Time
February 9	Interpol / Fillmore	8:00 p.m.
February 11	Social Distortion / Fillmore	8:00 p.m.
February 12	Government Mule / Fillmore	7:30 p.m.
February 15	Reliant K / Aztlan Theatre	8:00 p.m.
February 27	3 Doors Down / Fillmore	8:00 p.m.
March 1	Ashlee Simpson / Paramount	7:00 p.m.
March 3	Modest Mouse / Fillmore	7:30 p.m.
THEATER		
Date	Event / Location	Time
February 1-March 6	A Raisin in the Sun / Arvada Center	varies
February 15-May 12	Narnia/ Arvada Center	varies
February 7-27	Oedipus Rex / Stage Theatre	varies
February 7-27	A Selfish Sacrifice / Space Theatre	varies
February 7-12	A Lovely Sunday / Jones Theatre	varies
Various	Always...Patsy Cline	varies
DENVER NUGGETS		
Date	Event / Location	Time
February 8	Utah Jazz / Pepsi Center	7:00 p.m.
February 9	at Minnesota Timberwolves	6:00 p.m.
February 11	at Cleveland Cavaliers	6:00 p.m.
February 13	at New Jersey Nets	4:00 p.m.
February 15	at Atlanta Hawks	5:30 p.m.
February 16	at Charlotte Bobcats	5:00 p.m.
February 17-20	All Star Weekend / Pepsi Center	varies
COLORADO CRUSH		
Date	Event / Location	Time
February 13	Chicago Rush / Pepsi Center	1:00 p.m.
February 19	at Arizona Rattlers	7:30 p.m.
February 27	Los Angeles Avengers / Pepsi Center	1:00 p.m.
COLORADO MAMMOTH		
Date	Event / Location	Time
February 13	Arizona Sting / Pepsi Center	7:00 p.m.
February 18	at San Jose Stealth	9:00 p.m.
February 24	San Jose Stealth / Pepsi Center	7:00 p.m.

Sports Schedules

MENS BASKETBALL		
Date	Matchup / Location	Time
February 8	at Metro State College	7:00 p.m.
February 12	Nebraska-Kearney	7:30 p.m.
February 17	at Chadron State	8:00 p.m.
February 19	at Fort Hays State University	8:00 p.m.
WOMENS BASKETBALL		
Date	Matchup / Location	Time
February 8	at Metro State College	5:00 p.m.
February 12	Nebraska-Kearney	5:30 p.m.
February 17	at Chadron State	6:00 p.m.
February 19	at Fort Hays State University	6:00 p.m.
BASEBALL		
Date	Matchup / Location	Time
February 11	at UC-San Diego	2:00 p.m.
February 12	at UC-San Diego (DH)	11:00 a.m.
February 13	at UC-San Diego	11:00 a.m.
February 18	Bellevue University	2:00 p.m.
SOFTBALL		
Date	Matchup / Location	Time
February 13	Round Robin: CU-Colorado Spgs.	10:00 a.m.
February 13	Round Robin: Otero JC	12:00 p.m.
February 18-19	at RMAC Crossover Tournament	various
CLUB ICE HOCKEY		
Date	Matchup / Location	Time
February 8	at Kopperund Real Estate / Big Bear	11:00 p.m.
February 15	Vienna Beef / Big Bear	11:00 p.m.

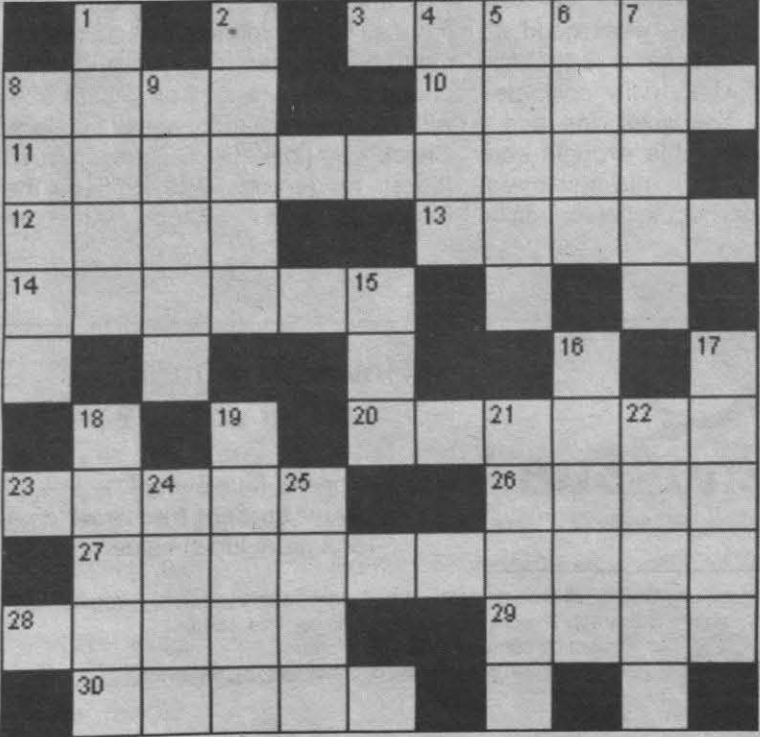
NBA All-Star Weekend

February 17-21

THE EVENTS	THE PARTIES
February 17-21	February 17
- Jam Session / Convention Center	- Jermaine Dupry / Vinyl Nightclub
February 18	February 18
- Rookie Challenge / Pepsi Center	- Shaq's East Meets West / Serengeti
February 19	- TNT/Stuff Magazine / Vinyl
- AOL Skills Challenge / Pepsi Ctr	February 19
February 20	- P-Diddy / The Church Nightclub
- NBA All-Star Game / Pepsi Center	February 20
	- P-Diddy / The Church Nightclub

Weekly Word Whomp

- Across
3. Support bar
8. Ballpoint
10. Have an obligation
11. Reactor (6,4)
12. Barrel
13. Draw air audibly up the nose
14. Bequest
20. Hiss
23. Ornamentation.
26. Motor transport
27. Written expression of affection (4,6)
28. Ladies
29. Temperature
30. Unpleasant



- Down
1. French volume
2. Punctuation mark
4. At most
5. Debris
6. Tangelo
7. Act of stealing
8. In an inadequate manner
9. Coarse
15. Elastic wood
16. Road
17. Abrupt
18. Gourd fruit
19. Displaces
21. Expletives
22. Water vapor
24. Deep unconsciousness
25. Tear

Answers to last week's Weekly Word Whomp

